



TRAINING TIMES

You may sign up on a month by month basis or for all three months

Cost is \$60/Month or \$55/month if registered for all 3 months

9-12th grade M/W/F 6-7 am or 7-8 am

6th-8th grade M, W 4:15pm-5:05 pm

4th-6th Grade M, W 3:30-4:15 pm

BASEBALL/SOFTBALL GOLF BENEFITS

INCREASED HIP SPEED/ROTATION
INCREASED EXPLOSIVENESS
SHOULDER STABILIZATION
CORE STRENGTH AND POWER

TRACK BENEFITS

IMPROVED RUNNING TECHNIQUE
INCREASED SPEED AND QUICKNESS
CORE STRENGTH AND POWER

****Class Sizes Limited!**

Email casey.materi@ospti.net

or call 218-641-7725

OSPTI
ORTHOPEDIC & SPORTS
PHYSICAL THERAPY, INC.